

# Week 1: Understanding Ecology

## **Day 1: Introduction and Orientation**

- **Goal:** Build trust among participants, create a collaborative atmosphere, and introduce the program structure.
- Activities:
  - 1. Orientation Session:
    - The program's objectives, structure, and weekly themes are explained to the participants.
    - Tools: Presentation slides, brochures outlining the program schedule.

#### 2. Icebreaker Games:

- Participants introduce themselves and share one environmentally related fact. For example: "My name is Sarah, and I love recycling."
- Tools: Name tags, group seating arrangement.

# 3. Program Expectations and Rules:

- Participants discuss their expectations and agree on ground rules.
- Tools: Flipchart, colored markers.

## 4. Environmental Trivia Quiz:

- A fun Kahoot quiz focusing on basic environmental knowledge.
- Tools: Kahoot platform, smartphones.

## **Day 2: Fundamentals of Ecosystems**

- Goal: Teach participants the structure and dynamics of ecosystems.
- Activities:
  - 1. Interactive Lecture:
    - Topics: Photosynthesis, food chains, and energy cycles.
    - Tools: Animated slides, short educational videos.

### 2. Ecosystem Modeling:

- Groups create physical models of ecosystems (e.g., forest, wetland ecosystems).
- Tools: LEGO, paper crafting materials.

#### 3. Group Work:

- Teams research and present on different ecosystem types (land, water, urban ecosystems).
- Tools: Posters, colored papers.

### **Day 3: Local Ecosystem Field Trip**

- Goal: Provide participants with hands-on experience in exploring local ecosystems.
- Activities:
  - 1. Nature Walk:
    - Participants observe local flora and fauna.
    - Tools: Field guides, notepads.
  - 2. Observation Journals:

- Participants record their observations through drawings or notes.
- Tools: Notebooks, pens.

## 3. Ecosystem Evaluation:

- Groups assess environmental issues in the area (e.g., litter, invasive plants).
- Tools: Cameras, evaluation forms.

#### **Day 4: Environmental Issues**

- Goal: Deep dive into global environmental challenges.
- Activities:
  - 1. Case Study Analysis:
    - Discuss issues in different countries (e.g., deforestation in Brazil, water scarcity in Turkey).
    - Tools: Case study documents.

#### 2. Discussion Circle:

- Brainstorm solutions to these challenges.
- Tools: Roundtable setup, flipchart.

## 3. **Documentary Screening:**

- Watch a selected environmental documentary and discuss its implications.
- Tools: Projector, speakers.

## **Day 5: Quiz and Evaluation**

- Goal: Recap the week's learning and gather feedback from participants.
- Activities:
  - 1. Kahoot Quiz:
    - A fun quiz summarizing the week's topics.
    - Tools: Kahoot platform.

### 2. Weekly Feedback Session:

- Participants share their thoughts on the week's activities.
- Tools: Online or printed surveys.

### 3. Awards Ceremony:

- Small prizes for quiz winners.
- Tools: Gifts (books, eco-friendly products).

# Week 2: Practicing Sustainability

### **Day 1: Sustainable Living Practices**

- Goal: Introduce practical techniques for sustainable living.
- Activities:
  - 1. Waste Segregation Workshop:
    - Learn how to separate waste into recyclables, compost, and landfill.
  - 2. Build Your Own Water-Saving Device:
    - Create simple devices to conserve water at home.

## **Day 2: Composting Workshop**

- Goal: Equip participants with skills to turn organic waste into compost.
- Activities:
  - 1. Composting 101:
    - An introduction to composting: what it is, how it works, and its benefits.
    - Tools: Slides, videos.
  - 2. Hands-On Composting:
    - Create compost using kitchen waste and garden leaves.
    - Tools: Compost bins, organic waste.
  - 3. Compost Observation:
    - Examine compost samples at various stages.
    - Tools: Compost samples.

# Day 3: Upcycling Art

- **Goal:** Foster creativity and encourage reuse through upcycling.
- Activities:
  - 1. Upcycling Workshop:
    - Turn used materials into new items (e.g., tote bags from old T-shirts).
    - Tools: Fabric, scissors, paint.
  - 2. Art Exhibition:
    - Display and present upcycled creations.
    - Tools: Exhibition area, posters.
  - 3. Discussion:
    - Share ideas on reducing waste through creative reuse.
    - Tools: Group discussion setup.

#### **Day 4: Sustainability Audit**

- Goal: Encourage participants to analyze their habits for sustainability.
- Activities:
  - 1. Carbon Footprint Calculation:
    - Use online tools to measure personal carbon footprints.
    - Tools: Computers, tablets.
  - 2. Personal Sustainability Plan:
    - Create actionable plans to reduce carbon footprints.
    - Tools: Templates, guides.
  - 3. **Group Presentations:** 
    - Share and discuss plans in small groups.
    - Tools: Flipcharts.

### **Day 5: Project Presentations**

- Goal: Showcase projects and receive peer feedback.
- Activities:
  - 1. Presenting Sustainability Projects:

- Participants present projects developed throughout the week.
- Tools: PowerPoint, projector.
- 2. Discussion and Feedback:
  - Groups discuss projects and provide constructive feedback.
- 3. Certification Ceremony:
  - Distribute certificates of participation.
  - Tools: Certificates, small awards.

# Week 3: Advocacy for Change

## **Day 1: Campaign Design**

- Goal: Teach participants how to create impactful environmental campaigns.
- Activities:
  - 1. Crafting Key Messages:
    - Workshop on creating effective campaign messages.
  - 2. Campaign Design Lab:
    - Groups create posters or short videos.
  - 3. Group Presentations:
    - Share and critique campaign designs.

## **Day 2: Community Engagement Skills**

- Goal: Train participants in effective community outreach.
- Activities:
  - 1. Social Media Management:
    - Learn strategies for impactful online campaigns.
  - 2. PR Workshop:
    - Design press releases and event announcements.
  - 3. Press Conference Simulation:
    - Practice presenting campaigns to the public.

### **Day 3: Community Service Day**

- Goal: Engage participants in hands-on environmental service.
- Activities:
  - 1. Clean-Up Drive:
    - Clean a local park or beach.
  - 2. Tree Planting:
    - Plant trees in a designated area.
  - 3. Impact Discussion:
    - Reflect on the day's activities and their outcomes.

## **Day 4: Campaign Execution**

- Goal: Implement campaigns designed by participants.
- Activities:
  - 1. Outreach Activities:
    - Distribute flyers and posters in the community.
  - 2. Social Media Campaign:
    - Share campaign messages on social platforms.
  - 3. Community Feedback:
    - Gather responses from the public.

## **Day 5: Closing and Evaluation**

- Goal: Evaluate the program's impact and celebrate participants' achievements.
- Activities:
  - 1. Program Recap:
    - Review activities and lessons learned.
  - 2. Feedback Session:
    - Collect participant feedback on the program.
  - 3. Certification and Awards:
    - Distribute certificates and reward top projects.